

#### ABSTRACT OF THE DISCLOSURE

A method of improving the visual perception ability of a person with respect to a particular eye condition of one or both eyes, by displaying to the person, in at least one evaluation session of an evaluation phase, a plurality of images selected to test the visual perception ability of the person with respect to at least one visual defect, and to elicit responses from the person indicative of the level of the person's visual perception ability with respect to the at least one visual defect; and by utilizing the responses to select another plurality of images designed to treat the person with respect to a detected visual defect and thereby to improve the visual perception ability of the person with respect to the detected visual defect; and, in a treatment phase, applying training glasses with reduced refraction for the respective eye, and displaying to the person the another plurality of images in at least one treatment session until the visual perception ability of the person has been improved with respect to the detected visual defect. The foregoing operations are performed until the desired "contrast funnel" is achieved, i.e., the desired range of contrast levels expected to be achieved in order to gain optimal visual improvement.